

Intermediate Weekly Plans

Campus: Cypress Grove Week Of: Feb 22-26

Planned By:

Intermediate Daily Schedule

3:25-3:40 Mandatory Team Meeting
3:40-4:00 Check In/Freetime
4:00-4:05 Announcements
4:05-4:35 Snack/Homework
4:35-5:05 Gym Games
5:05-5:45 Optional Cafeteria Activities
5:45-6:00 Freetime

Club Day Schedule

3:25-3:40 Mandatory Team Meeting
3:40-4:00 Check In/Freetime
4:00-4:30 Homework/Snack
4:30-5:30 Clubs
5:30-6:00 Freetime

	Monday	Tuesday	Wednesday	Thursday	Friday
Gym	Bunker Hill Eggs in a Basket	Club Day	Ultimate Frisbee/Football Star Wars	Club Day	FREE FRIDAY!
Cafeteria	Carnival Masks Blow Volcanoes	Club Day	Door Hangers Pinecone Bird Feeders	Club Day	FREE FRIDAY!

Please provide a typed copy of plans to the site supervisor & program office

Week Feb 22-26

Gym Descriptions

Bunker Hill Game

Objective: Be the team with the most players left.

Description: Divide into two teams. Each team will be given three mats to set up evenly on opposite sides of the gym to use as protective areas. Bean bags should be placed in the middle of gym along the line. The players will try to hit the opposite team with the bean bags below the knee. If a player is hit above the knee with a bean bag, that person is not out but whoever threw the bean bag is out. Players can only hold a bean bag for five seconds before throwing it. If a player is hit they must go out and do ten jumping jacks and cannot re-enter until another player from the opposite team is hit. The game ends if there is only one person left on either side.

Materials Needed:

- Bean Bags

Eggs in a Basket Game

Objective: Have the most balls in your teams hula hoop.

Description: To set up the game split the gym into four areas and place a hula hoop with four to five gopher balls in each hula hoop. The kids should be split into four different teams. Everyone starts on their part of the gym. When the game begins everyone is trying to protect their balls while trying to steal the other team's balls. While you are on your part of the gym you are safe, however if you go into another part of the gym you can get tagged and go to jail. Jail is simply behind

the side of the team that tagged you. To get out of jail someone from your team must run over and grab you. If you get someone out of jail, you are both safe to walk immediately back to your side. You cannot try and steal a ball when you get out of jail before returning to your side. There can be only one person guarding the balls from each team and this person must stay outside of the hula hoop. When trying to steal a ball you must run to another teams' part of the gym and steal one and try to make it back before you get tagged. You can throw a ball to your team mates to avoid getting tagged, however they have to catch it. If they do not catch the ball it must be returned to the team it came from. If your team runs out of balls you are still in the game and should continue trying to steal balls from the other teams. When the play time runs out, the team with the most balls in their hula hoop is declared the winner.

Materials Needed:

- Soft balls
- Cones for boundaries
- Hula hoops
- 4 types of jerseys

Ultimate Frisbee/Football
Game/ Outside Game

Objective: Get the object to your teams goals.

Description: The kids should be split into two teams. The teams start on opposite ends of the gym with their goal on the other side of the gym. Usually it is best to use a whole side of the gym as a goal. When the game is started, the kids try to get their object to the opposite side of the gym. The object can be thrown to anyone. When you have the object, you cannot move with it. You can only move around the gym when you do not have the object in your hands. The object can be intercepted in the air by the opposing team. If the object is dropped, whichever team touched it last does not get it back, it goes to the other team.

Materials Needed:

- Jerseys

- Frisbee or Football

Lightning Gym Game

Prep Time: 10 sec.

Objective: To be the last player in the game.

Materials Needed:

- 3 basketball goals
- 3 basketballs

Description: This game requires three basketball goals. All players begin in a line facing the goals being used. The first three players in line will have a ball to begin with. The game starts when the first player in line shoots. The second player may then shoot, trying to make it in the first basket before the player in front makes their ball. The third player in line may shoot only after the player in front of him/her. Each player shoots at a goal until they make the ball into that goal. When a player makes the first basket, they then shoot for the second basket, then the third. Once the player makes the third goal, they roll the ball back to the front of the line where they started. The next player in line then shoots at the first goal, trying to catch up to the player who was in front of them in line. A player is out when the player behind them makes a shot in the same goal before they make their own ball. Once a player is out, they roll the ball back into line and sit on the wall to cheer the other players on. Players are not allowed to hit, bump, or kick another player's ball for any reason. Once the line dwindles to 10 players, the line moves to where the front of the line faces the middle goal, standing on the free-throw line. From this point on, the players only shoot at this middle goal before passing it to the person next in line. Also, only 2 balls are used during this portion of the game. The game ends when there is only one person who did not get out.

Crafts Descriptions

Blow Volcanoes

Craft

Prep Time: 10

Objective: To have the kids make a realistic volcano picture they can take home.

Materials Needed:

- White copy paper or cardstock
- Markers
- Red paint
- Soap
- Straws

Instructions:

- Have the kids draw the neck of the volcano on the white paper
- Once their picture is done have them grab a straw and dip one end into the paint.
- Then use the other end for them to blow the red paint as if it were coming out of the volcano.

Pinecone Bird Feeders

Craft

Prep Time: 3-5 min.

Objective: Use pinecones to create birdfeeders.

Materials Needed:

- Pinecones
- Peanut butter
- Birdseed
- String
- Scissors
- Plastic knives/ Spoons

What to do:

1. Begin by going a nature hike, while on hike look at different birds and have every student find a pinecone.
2. Give each student a glob of peanut butter and have them spread it all over their pinecone.
3. Roll pinecone in birdseed.

Attach a string to the top of the pinecone to hang in a tree.

Door Hangers

Craft

Prep Time: 3-5 min.

Objective: Make decorative door hangers.

Materials Needed:

- Craft foam
- Cut out foam pieces
- Glue sticks
- Markers
- Scissors
- Stickers/ Sequins

Description:

1. Cut long rectangles out of craft foam and a hole in top of foam. Hole should be big enough to fit over a door handle.
2. Decorate craft foam with cut out foam pieces, markers, stickers, sequins, etc.
3. Help kids write name on door hanger in big letters

Carnival Masks

Craft

Prep Time: 15

Objective: To make Carnival masks for children to wear.

Materials Needed:

- White or Black plastic masquerade masks
- Feathers
- Sequences
- Tempera Paint
- Glue

Description:

1. Use white or black plastic masquerade masks.
2. Use feathers, sequence and tempera paint to decorate.

*Cover the tables with trash bags.

Intermediate Weekly Plans

Campus: Cypress Grove Week Of: April 19-23

Planned By: Danny Delleage

Intermediate Daily Schedule

3:25-3:40 Mandatory Team Meeting
3:40-4:00 Check In/Freetime
4:00-4:05 Announcements
4:05-4:35 Snack/Homework
4:35-5:05 Gym Games
5:05-5:45 Optional Cafeteria Activities
5:45-6:00 Freetime

Club Day Schedule

3:25-3:40 Mandatory Team Meeting
3:40-4:00 Check In/Freetime
4:00-4:30 Homework/Snack
4:30-5:30 Clubs
5:30-6:00 Freetime

	Monday	Tuesday	Wednesday	Thursday	Friday
Gym	Powerball Gladiator	Club Day	Lightning Power Basketball	Club Day	FREE FRIDAY!
Cafeteria	Sports Team Pennant Flower Placemats/ Flower Cards	Club Day	Blue Jean Purses Light Switch Covers	Club Day	FREE FRIDAY!

Please provide a typed copy of plans to the site supervisor & program office

--	--	--	--	--	--

Week: April 19-23

Please provide a typed copy of plans to the site supervisor & program office

Gym Descriptions

Power Basketball Gym Game

Prep Time: 30 sec.

Objective: To score more baskets than the other team.

Materials Needed:

- Basketball
- 2 Basketball Goals
- Flag belts

Supply Modifications

- You can use Gopher balls, rubber balls, or rubber animals instead of basketballs.

Description: There are two teams. Each team begins with 5 players on the court while the rest of the team waits in line on the side of the court. All players are wearing a flag belt. The game is played like basketball with a twist. If a player's flag is pulled while they are in possession of the ball, they are out and must go to the end of their team's line. Also, the ball goes to the other team. The team will play on with one less player on the court. Once a basket is made, the next person in line may come onto the court as long as the number on the court per team does not exceed 5. If a group of 5 players is on the court together for 3 minutes, stop the game, send those 5 players to the end of their line, bring the next 5 in line onto the court and resume play as normal. The winner is the team who scores more goals than the other.

Lightning

Gym Game

Prep Time: 10 sec.

Objective: To be the last player in the game.

Materials Needed:

- 3 basketball goals
- 3 basketballs

Supply Modifications

- If possible, the goals can be raised in order to make the game more challenging, but keep in mind the ability levels of all of your kids.

Description: This game requires three basketball goals. All players begin in a line facing the goals being used. The first three players in line will have a ball to begin with. The game starts when the first player in line shoots. The second player may then shoot, trying to make it in the first basket before the player in front makes their ball. The third player in line may shoot only after the player in front of him/her. Each player shoots at a goal until they make the ball into that goal. When a player makes the first basket, they then shoot for the second basket, then the third. Once the player makes the third goal, they roll the ball back to the front of the line where they started. The next player in line then shoots at the first goal, trying to catch up to the player who was in front of them in line. A player is out when the player behind them makes a shot in the same goal before they make their own ball. Once a player is out, they roll the ball back into line and sit on the wall to cheer the other players on. Players are not allowed to hit, bump, or kick another player's ball for any reason. Once the line dwindles to 10 players, the line moves to where the front of the line faces the middle goal, standing on the free-throw line. From this point on, the players only shoot at this middle goal before passing it to the person next in line. Also, only 2 balls are used during this portion of the game. The game ends when there is only one person who did not get out.

Gladiator Game

Objective: Pull off your opponents flag.

Description: Lay out two mats to use as the 'ring'. Two kids go at a time and they are trying to pull off their opponents flag. Whoever gets the flag first is the winner. They are not allowed to touch their opponents such as to try and push them. You can only reach for your opponent's flag.

Materials Needed:

- Mats
- flags

Supply Modifications

Mats are not a necessity for this game

Powerball Game

Objective: Be the team with the least amount of balls.

Description: To set up this game, empty out two trashcans and place them on opposite sides of the gym. A good amount of gopher balls should be placed along the middle line of the gym. The kids are split into two games. The object of the game is to get as many balls in the opposing teams bucket while protecting your own. When the game starts all of the kids should be on the back line of their side of the gym. When the game begins you must run to the middle of the gym and try and grab gopher balls. You can only have one gopher ball at a time. To get the balls in the trash can you can either throw them in from your side or you can try and run and put them in. If you are on the opposite side of the gym you are able to get tagged whether or not you have a ball. If you get tagged you must drop your ball if you have one and go to jail. To get out of jail you must either catch a ball in the air or someone from your team must come grab you. When you

are walking back you are safe. Also if you run to the other teams' side, there should be a designated square as a safe zone and you have 3 seconds that you can stand in this zone and not be at risk to get tagged. The game ends when all of the balls are in the buckets and the team with the least amount of balls in their bucket is declared the winner.

Materials Needed:

- 2 trash cans
- gopher balls

Crafts Descriptions

Sports Team Pennant

Craft

Prep Time: 3-5 min.

Objective: Create a sports pennant and decorate it to support your favorite sport's team.

Materials Needed:

- Craft foam/ Construction paper
- Dowel rods
- Markers
- Sticky craft foam pieces in Sports shapes
- Scissors
- Hot glue gun

Supply Modifications:

- Construction paper can be used in place of craft foam.
- Straws can be used in place of dowel rods.

Description:

1. Cut out a pennant shape from either craft foam/ construction paper
2. Decorate pennant with favorite sports teams logo, different shaped sports balls, and sports related words.
3. After decorated hot glue the dowel rod onto the side of the pennant.

Flower Placemats/ Flower Cards

Craft

Prep Time: 1-3 min.

Objective: Use flowers/ leaves from natures to create works of art.

Materials Needed:

- Flowers/ Leaves from outside
- Clear contact paper
- Construction paper
- Scissors
- Markers

Description:

1. Begin by going on a nature walk with the kids and collecting flowers/ leaves/ grass from outside.
2. Have large squares of contact paper cut and stick flowers/ leaves/ grass collected from outside to the sticky side of contact paper.
3. Fold over remaining contact paper to make a flower placemat.
4. For a card, place flowers on one side of folded construction paper and cover with contact paper.
4. Decorate inside of card with markers.

Blue Jean Purses

Craft

Prep Time: 5-10 min.

Objective: Use old jeans to create fun purses or bags for boys.

Materials Needed:

- Old pairs of blue jeans
- Hot glue gun
- Sequins/ Jewels
- Craft foam cutouts
- Sharpies/ Paint Pens
- Ribbon/ Yarn
- Crazy glue

Supply Modification:

- Instead of using sequins/ jewels to decorate purse you can use any leftover supplies like buttons or beads.
- Sharpies or paint pens should be used to decorate the purse/ bag with the kid's name

What to do:

1. Before the start of craft begin by cutting the jeans in half, but cutting along one side of the zipper.
2. Take each pant leg and cut into three sections. Depending on the size of the jeans, each leg may be cut into 4 sections.
3. Use the hot glue gun to glue up the bottom and side of the purses. Leave the top open for the opening into the bag/ purse.
4. Let the kid's pick out different beads/ jewels/ sequins to decorate the bag
5. Attach everything with crazy glue or a hot glue gun
6. Write child's name on the purse/ bag
7. Braid ribbon/ yarn to make strap for bag
8. Tie ribbon/ yarn to bag.

Light Switch Covers
Crafts

Prep Time: 10

Objective: To have the kids decorate light covers they can take home and hang.

Materials Needed:

- Light switch covers
- Brightly covered tissue paper
- Scissors
- Mod-podge
- Paint brushes

Supply Modifications:

- Glue instead of mod-podge

Instructions:

- Place tissue paper on light switch cover and paint mod-podge on top.
- Let dry.